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KIDNEY BEAN STEW

Like other members of the legume family (beans of all kinds, peas, peanuts, cowpeas, lentils) kidney beans are valuable and nourishing and contribute many important food values. The following recipe from the Bureau of Home Economics of the U. S. Department of Agriculture shows a good way to combine kidney beans with vegetables to make a one-dish meal.

Kidney Bean Stew

1½ cups kidney beans	½ cup rice
2 quarts water	2 cups canned tomatoes
¼ pound salt pork, diced small	Salt
2 onions, chopped fine	Pepper

Wash the beans thoroughly and soak overnight in the water. Simmer the beans in the water in which they were soaked until nearly tender, about 1 hour. Fry the salt pork until crisp, remove from the pan, and brown the onions in the fat. Wash the rice and add with the onions to the beans and boil gently, for about 20 minutes. Stir in the tomatoes, salt pork, add salt and pepper to taste, and heat to boiling. Serve hot.

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